



HERO CHARM CAPTAIN AMERICA ACTOR WANTS TO STAY GROUNDED

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LONDON

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News worth sharing.



Driver courtesy eroding: Poll

- CAA survey finds most drivers believe bad habits are on the rise
- Hot-headed drivers make poor judgments, says psychologist

Has driver courtesy been tossed out the car window? Is the traffic "thank you" wave dead?

Drivers polled for the Canadian Automobile Association seem to think so.

The poll released yesterday found three out of four Canadians surveyed felt drivers are showing more annoying habits today than they were five years ago, compared to just two per cent who said other drivers have grown less irritating.

Numerous surveys and ongoing research by the Insurance Corporation of B.C. agree driver cour-

"The odds are that if we're civil to other people, most — not all, but most — will be civil back."

IAN JACK, CAA SPOKESMAN

tesy is gradually eroding, said ICBC psychologist John Vavrik.

"People generally feel there's a lack of courtesy, there's a lot of anger out there and people are concerned about running into aggressive drivers," Vavrik said.

Topping the list of bad manners for those polled in the CAA sur-

vey are road rage and being cut off in traffic, with 86 per cent of respondents citing those behaviours. Texting or talking on the phone, tailgating, failing to use signals and tossing trash out the window also rank high on the list of irritations.

These are all behaviours that can be corrected, said Ian Jack, a spokesman for the CAA.

"They're all the sorts of things that we were told when we took driving lessons, or did our driving test and first got our licence, that we really shouldn't do," he said.

THE CANADIAN PRESS

Stop texting, slow down, experts say

When it comes to the question of whether drivers are getting more and more annoying, the owner of Young Drivers London says distractions are a major factor.

"There's no question, people are much more distracted behind the wheel," Steve Clark said.

"That distraction is prima-

rily cellphones, texting, that type of thing."

The cost of vehicle accidents to the Canadian economy is in the billions every year, said Michel Bedard, the director of the Centre for Research on Safe Driving at Lakehead University in Thunder Bay.

"If we all kind of relax a bit more, slow down a bit more, I think it would change the whole road environment," Bedard said.

"Our philosophy is: Most crashes are preventable."

● MIKE ARSENAULT/WITH FILES FROM THE CANADIAN PRESS

Bike. Break



► Norm Bell and Suzanne Saville rest in Ivey Park after biking on the trails along the Thames River yesterday afternoon. The biking buddies try to get out and ride at least once a week, and weren't fazed by the humidity plaguing the area. "It's not hot on the trails next to the river," Saville said. "It's actually very beautiful."

MIKE ARSENAULT/FOR METRO

Thames River trails a way to beat the heat for active Londoners

1
news

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Can investors ever look forward again to good news on U.S. job growth? Allan Small has more at metronews.ca/investing.

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Tennis player aces scholarship

► Crowley qualified for the 2011 Canadian National Tennis Championships held last March
► She hopes to pursue a graduate degree and a career in medicine



MIKE ARSENAULT
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When the subject of Canadian athletic prowess is broached, the conversation may often turn to sports of the snow and ice variety.

However, London's Angie Crowley is hoping to enter that discussion with a little help from her trusty tennis racket.

Crowley, a recent graduate of Mother Theresa Secondary School, will be attending Rollins College in Orlando this September to play tennis on a partial academic and athletic scholarship.

"A family friend went to (school) at Rollins and she played on the tennis team and she introduced my whole family to the school," Crowley said.

"We got in touch with the (program) and I've been talking to the coach for two years now."

The recruiting process

"Rollins (College) has been my number 1 choice since I was in Grade 11."

ANGIE CROWLEY, TENNIS PLAYER

has become much more than a strategically placed phone call, a list of tournament results and a paper resumé.

"Typically you make a video of your technique and your match play," Crowley said.

"You can either put (the footage) on CDs or post it on YouTube — you can email the coach and send them your video and hopefully they reply."

Though her place at the school and on the team is secure, Crowley will have to play well during the fall season to guarantee herself playing time in the spring.

"How you play in the (fall) will (dictate) what your position is on the team," she said.



► Angie Crowley practises her forehand at Western's University Tennis Centre.

Avril to hold show in October

Avril Lavigne will be returning to the John Labatt Centre on Oct. 22 at 8 p.m.

Tickets for the concert go on sale on Friday at 10 a.m. They can be purchased in person at the JLC box office, Masonville Place ticket outlet, Fanshawe College BizBooth, the Bookstore at Western,

and Books Plus.

Tickets are also available online at johnlabatt-centre.com and livenation.com, or can be bought by phone at 866-455-2849.

Admission starts at \$49.50 for reserved seating and general floor tickets.

● METRO



► Avril Lavigne

Couple bitten by unknown dog needs owner to come forward

A couple was bit by an unknown dog after they tried to break up a fight between the mystery canine and their dog, Bouvier.

Yesterday at 7:30 a.m., the couple was walking

their dog when a black and brown German shepherd or collie-type dog approached and attacked their pet, which was leashed and muzzled. The couple received a number of bites to the hand from the unknown canine in trying to separate the dogs.

Unless the identity and vaccination records of the mystery dog can be obtained, the couple is facing

the possibility of vaccination treatments. The dog has a spitz-breed snout, long straight hair, full tail and ears, and a blue collar. Police are asking the dog owner to come forward so the vaccination records can be obtained before the couple starts treatment. Anyone with information is asked to contact Crime Stoppers at 1-800-222-TIPS.

● METRO

News in brief

Cyclist death not result of hit-and-run: Police

BIKE CRASH. Police say the recent death of a cyclist was not a result of a hit-and-run.

On Saturday around 3 a.m., a male was riding his homemade bicycle on the sidewalk on Dundas Street near Argyle Mall. The cyclist hit the curb, which caused the bike to break and the rider to fall to the ground.

The deceased cyclist has been identified as 33-year-old Cormac (Cory) McMennamin of London.

The exact cause of death has not been deter-

mined.

Anyone with information regarding this investigation is asked to call the London Police Service at 519-661-5670 or Crime Stoppers at 1-800-222-TIPS (8477). ● METRO

Make-a-Wish charity hosting fundraiser

GOLF CLASSIC. The Make-a-Wish Foundation of Southwestern Ontario will be hosting its annual Blue Night Reception and Golf Classic this week at London's Sunningdale Golf and Country Club.

The reception takes place tomorrow at 7 p.m., and will feature a blues band, hors d'oeuvres, silent auction and draw prizes. Tickets cost \$50 per person and can only be purchased in advance. ● METRO

Tabloid hacking scandal heats up

- Upheaval triggered in upper ranks of U.K. police
- Billions knocked off value of Murdoch's News Corp.

Britain's tabloid phone-hacking scandal enveloped the London police force yesterday with the rapid-fire resignations of two top officers and claims of possible illegal eavesdropping, bribery and collusion. U.K. officials immediately vowed to investigate.

Prime Minister David Cameron, feeling the political heat from his own close ties to individuals within Rupert Murdoch's media empire, cut short his trip to Africa and called an emergency session of Parliament for tomorrow to address lawmakers on the scandal.

U.K. lawmakers will grill Murdoch, his son James and Rebekah Brooks, the

ousted chief executive of Murdoch's U.K. newspaper arm, in a widely anticipated televised public hearing on the scandal today. Lawmakers hope to learn more about the scale of phone hacking by U.K. journalists and who — if anyone — in Murdoch's empire was aware of what allegedly took place at the now-defunct News of the World tabloid.

Assistant Commissioner John Yates — Scotland Yard's top anti-terrorist officer — and police Chief Paul Stephenson have resigned for links to an arrested former executive from Murdoch's News of the World tabloid. **THE ASSOCIATED PRESS**

Whistleblower

- One of the whistleblowers on the phone hacking — former News of the World journalist Sean Hoare — was found dead yesterday northwest of London.
- Police said the death was being treated as unexplained but was not considered suspicious.
- Hoare was quoted by The New York Times as saying that phone hacking was widely used and even encouraged at the News of the World under then-editor Andy Coulson, who was arrested as part of the hacking investigation.

Demands. Up



► An Indian police officer detains Jammu Kashmir state government employees as they shout slogans during a protest in Srinagar, India, yesterday.

MUKHTAR KHAN/THE ASSOCIATED PRESS

State workers cry out

India's Jammu Kashmir state employees wanted payment of arrears in salaries, raising of retirement age and other demands.

Second arrest for Iranian blogger

A dissident Iranian actress and blogger was arrested as she prepared to leave for Germany to write a blog for the Deutsche Welle radio station about the women's soccer World Cup, the semi-official ISNA news agency said yesterday.

THE ASSOCIATED PRESS



Pegah Ahangarani, 27, was arrested last week, ISNA said, citing the prosecutor's office in Tehran. She had been arrested briefly in 2009 after the disputed presidential elections over charges of playing a role in the post-election riots. The broadcaster urged Iranian authorities to release her.

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Married men seek heart treatment faster: Study

► It's suggested that wives played a key role in urging their husbands to get to a hospital ► But the reverse was not the case for married women



► Dr. Clare Atzema of Sunnybrook Health Sciences Centre in Toronto says men who are married or in common-law relationships seek medical care for chest pains sooner than men who are single, divorced or widowed.

Men who are married or in a common-law relationship are known to enjoy a lot of health perks compared to single men. And new research suggests that includes getting to hospital sooner for a suspected heart attack.

A study of more than 4,400 Ontario heart-attack patients found that 75 per cent of men with live-in spouses who had chest pain sought emergency medical care within six hours of their first chest pain, compared with 68 per cent of single and divorced patients and almost 71 per cent of widowed patients.

"I would love to do this study in 30 years time on everyone now in their 30s and 40s because I think gender roles are much more loosely defined now."

DR. CLARE ATZEMA

But for women suffering chest pains, having a live-in partner made virtually no difference in arrival time compared with women without spouses, said lead author Dr. Clare Atzema, an emergency department physician at Sunnybrook Health Sciences Centre in Toronto.

"So we think it's related to the caregiver role, although we didn't specifically study that," said Atzema, who conducted

the 2004-05 study with co-authors at the Institute for Clinical Evaluative Sciences. It appears in this week's issue of the Canadian Medical Association Journal.

It may be that women are more likely to take the caregiver role in the relationship and advise their spouse to seek care earlier, Atzema said, whereas men may be allowing women "to do that for themselves."

However, married men

in the age group studied — late 60s and 70s — have traditionally not taken the caregiver role that would see them urging their wives to get to hospital quickly.

Atzema also pointed out that males on the whole don't tend to seek a doctor's care for any number of health issues, compared with women.

"I think probably the married men wouldn't, too, if they didn't have someone there encouraging them," she said. "It's like asking for directions, it's not just their sort of role to do it."

THE CANADIAN PRESS

Big win, Large heart: Jackpot donor dies

A Nova Scotia woman who made headlines around the world for giving away most of a multimillion-dollar lottery win has died.

Violet Large died Saturday at a hospital in Truro at the age of 79. Large and her husband, Allen, won \$11.2 million in a Lotto 649 jackpot last year. But rather than spend their winnings, the Lower Truro couple quietly gave away most of the fortune to family, friends, churches, charities, fire halls and hospitals where Large was treated for ovarian cancer.

After their win, the Larges said they were con-



► Allen and Violet Large after their win in 2010

tent to continue living in their tiny 147-year-old house.

They said they weren't "travellers" or "bar-hoppers" and had decided a week before collecting their cheque to give most of the money away.

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BIENNIAL CONVENTION

Lutherans welcome gay clergy, marriage

Gays and lesbians will be allowed to become ministers in the Evangelical Lutheran Church in Canada after a vote by delegates at the church's biennial convention in Saskatoon.

Delegates voted 205 to 114 in favour of a motion

that sexual orientation does not disqualify a candidate for the ministry. Delegates also voted 192 to 132 to allow ministers to conduct or bless same-sex marriages, according to their consciences.

The Evangelical Lutheran Church is Canada's largest Lutheran denomination, with 152,500 baptized members in 607 congregations.

The Evangelical Lutheran Church in America voted to permit non-celibate gays and lesbians as clergy in 2009.

THE CANADIAN PRESS

Sight gone for good

A University of British Columbia graduate student whose eyes were gouged in an attack during a trip home to Bangladesh will not see again, doctors say.

Rumana Monzur, 33, was attacked in June during a trip home to Dhaka, Bangladesh. Her husband is in custody.

She returned to Vancouver this month for medical treatment, but a statement from the university says after four surgeries, doctors have determined her injuries cannot be repaired.

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Family run raises \$22K

A family who ran 600 kilometres from Vernon, B.C., to Vancouver has raised \$22,000 for cancer research.

Six children ranging in age from six to 15 in the Preston-Gosselin clan left their home on Canada Day and finished the run two weeks later.

They exceeded their goal of raising \$20,000, with cash from a text-to-donate number still coming in.

The run was inspired by Terry Fox's cross-country Marathon of Hope in 1980.

THE CANADIAN PRESS

Hudak says he's not reopening abortion debate

Tim Hudak appeared to shy away from his anti-abortion position yesterday, saying he doesn't plan to revisit the issue if he wins the Oct. 6 provincial election.

When he was running for the leadership of the Ontario Progressive Conservatives in 2009, Hudak's representatives told the Association for Reformed Political Action that he is pro-life and had signed a

petition calling for the defunding of abortions. But Hudak seemed reluctant to confirm he had signed a petition when asked about it by reporters.

"I may have signed a petition from my riding in that respect, but listen, let me be clear: We are not reopening this debate," Hudak said yesterday.

However, he refused to say if he still opposes abortion, walking away from

the microphone when reporters asked repeatedly if he still considered himself pro-life.

The Campaign Life Coalition, an anti-abortion group, said Hudak was "solidly" opposed to abortion when he first ran for provincial office in 1995, but since then has not responded to any of their questionnaires "nor done anything related to life and family issues."

Finance Minister Dwight Duncan, who supports a woman's right to choose, accused Hudak of flip-flopping on the divisive issue.

"I think his integrity is an issue," Duncan said. "He does one thing and says another and then tries to pretend he didn't do it. People have strong views on this, and he's trying to have it both ways."

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RETIREMENT SAVINGS

Feds start pension plan tour

The federal government is launching a cross-country tour to discuss the potential for pooled registered pension plans as another option to help Canadians save for retirement.

The plans would give small businesses and self-employed people more resources to set up retirement programs for employees by allowing employers to pool money with other employers.

Finance ministers first agreed to examine the potential for the

plans, called PRPPs at a December 2009 meeting on pensions in Whitehorse, as part of a report that noted Canadians may not be saving enough for their retirement.

Pooled plans would be managed by a regulated financial institution, which would decrease the cost for a small employer.

The government has said a high level of regulatory harmonization across federal and provincial governments will be required to increase the scale of such plans.

Potential tax changes to accommodate those plans would be developed and implemented by the federal government.

THE CANADIAN PRESS



► TTC passengers line up for shuttle buses in Toronto. During the first quarter of the year, overall employment in the city rose by just under two per cent, with many of the jobs being of relatively high quality. More than 80 per cent of the increase in employment over the past quarter was in full-time positions.

T.O. top performer: Report

► Kitchener shows strong labour force ► Winnipeg steadily improving

A vibrant labour and housing market has pushed Toronto to the top of CIBC's list of best-performing Canadian metropolitan economies, according to a report released yesterday.

Kitchener, ranked second, was followed by Winnipeg, Regina and Montreal.

The bank's Canadian Metropolitan Economic Ac-

tivity Index found the economy in Canada's largest city is firing on multiple cylinders, driving it to the top spot among the country's biggest 25 cities.

Its first-place ranking is largely due to its vibrant labour and housing market, CIBC deputy chief economist Benjamin Tal wrote in the report.

Toronto's robust activity

has outpaced the national average by a wide margin, he said.

Meanwhile, the real estate market remains one of the hottest in the country, with housing starts nearly doubled from the same period last year. Population growth is also among the highest in Canada.





Regina continues to experience a growing popula-

tion and job market, with the second-lowest employment rate in the country and the lowest personal bankruptcy rate among urban centres.

Montreal topped CIBC's previous ranking but slipped to fifth.

St. John, N.B., Thunder Bay, Ont., and Saguenay, Que. posted negative growth. THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			
- 45.40 (13,254.14)	- 0.50¢ (104.29¢ US)	- \$95.93 US (\$1.31 US)	\$4.524 (+ 1¢) Gold contracts \$1,602.40 (+ \$12.30)

PRICES AS OF 5 PM EST/EDT

Murdoch family's hold on company in doubt

James Murdoch scaled the rungs of the global media empire that his father built.

Now scandal threatens to derail the expected succession, shaking the assumption that the dynasty would preserve its grip over the multibillion-dollar business.

Founder Rupert Murdoch, 80, has long expressed a wish to hand his publicly traded News Corp. to his offspring, and he retains the voting power to make key decisions.

But shareholders and board members are said to

be troubled by revelations of wrongdoing on Murdoch's watch, and feel the U.S.-based company needs fresh leadership.

A pivotal moment for the family comes today when the media mogul and his son testify before British lawmakers investigating the hacking and alleged police bribery at a now-shuttered tabloid, News of the World.

"The future is looking increasingly grey" for James Murdoch, said Ivor Gaber, professor of political jour-



► News Corp. chairman Rupert Murdoch arrives at his residence in central London on July 13.

SANG TAN/THE ASSOCIATED PRESS

nalism at City University London. "There are now investors, particularly in the United States, who are suggesting that the time has come to end the Murdochs' dynastic hold on News Corp."

The accusations of phone hacking and police bribery by journalists at the News of the World reached into the elder Murdoch's inner circle with the arrest Sunday of Rebekah Brooks, former head of his British newspaper unit.

THE ASSOCIATED PRESS

Company future

► Some analysts believe Rupert Murdoch is positioning daughter Elisabeth, 42, as a successor, as she's relatively untainted in the scandal.

► This is in the event that son James, 38, is forced to step aside or faces arrest.

► Another Murdoch son, Lachlan, 39, is on the board of News Corp., but he quit a high-level position in the company in 2005.

Jailed N.B. farmer seeks repayment delay

Lawyers for a New Brunswick potato farmer who has been jailed in Lebanon for four months want a court to delay repayment of more than \$8 million in the farm's debts.

Henk Tepper, 44, of Drummond has been held

since March under an international arrest warrant over allegations some potatoes he exported to Algeria in 2007 were rotten.

His lawyer, Rod Gillis, said yesterday that Tepper has sought protection in Court of Queen's Bench in

Edmundston under the Companies' Creditors Arrangement Act.

Gillis said his law firm has asked the court to extend creditor protection until mid-October, when Tepper's family expects to harvest potatoes.

James Mockler, a lawyer with Gillis's firm, said yesterday that the judge reserved decision on the matter. He said the creditors can't start bankruptcy proceedings until the judge gives a decision.

THE CANADIAN PRESS

Korean company eyes pipeline stake

Korea's state-owned natural gas company may be interested in Royal Dutch Shell PLC's stake in the Mackenzie Valley Pipeline.

Shell confirmed its inter-

est in the Mackenzie pipeline, which would ship gas from near the coast of the Beaufort Sea in the Northwest Territories to Alberta. THE CANADIAN PRESS

HERE'S TO 250 KM WORTH OF MEMORIES

SHE SAYS ...

JESSICA NAPIER
METRO



After 14 years, my parents are finally giving up their ancient minivan and upgrading to something a bit more appropriate for their retiree years. And as much as I hate that rusting seven-seater beast, I'm also bit nostalgic.

I found myself getting strangely emotional as the "\$250 or best offer" ad went up on Craigslist. In saying sayonara to that minivan, I'm hammering another nail into the coffin of my youth. And so, I thought it only fitting to write a proper eulogy:

Chevrolet Venture, Forest Green

August 1997 – July 2011

I remember the day we brought you home, all shiny and full of promise. Those automatic sliding doors and rear headphone jacks were the epitome of automobile innovation in the mid-90s. You were never cool, but as a 12-year-old I thought you were a pretty big deal.

There have been signs that this day would come: Broken power doors, failed air conditioning, a glove compartment sealed with duct tape. Finally, with windows jammed shut and a tendency to overheat on the highway, you've become a hazard.

to leave because they were embarrassing me.

You came back for me when I had to move home and look for a job, and again when I moved to my grown-up apartment in the city. You were old and slow at that point, but my god you could carry a lot of boxes.

You've grown tired over the years — two kids, multiple moves and endless trips to IKEA have taken a toll on your once state-of-the-art interior. There have been signs that this day would come: Broken power doors, failed air conditioning, a glove compartment sealed with duct tape. Finally, with windows jammed shut and a tendency to overheat on the highway, you've become a hazard.

It's hard to say goodbye to something that's been around for over half of my life, even if that thing is a piece of scrap metal. But alas, the time has come.

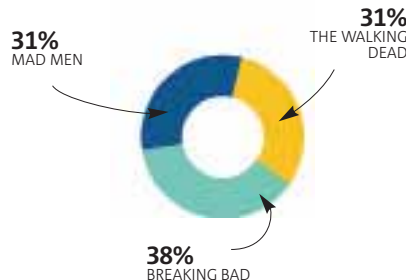
Here's to 250 kilometres and over a decade of memories. Rest in pieces, old friend.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

Welcome back, Breaking Bad. Which is the better AMC drama?



Worth Mentioning

RECORD. The culmination of the Women's World Cup final between Japan and the United States set a new record for tweets per second, eclipsing recent news events such as the wedding of Prince William and Kate and the death of Osama bin Laden.

Japan twice came from behind to draw 2-2 with the U.S. after extra time before winning a penalty shootout on Sunday in Frankfurt, Germany, and lifting the trophy for the first time.

The exciting climax drew 7,196 tweets per second, according to Twitter. Paraguay's penalty shootout win over Brazil in a Copa America quarter-final later the same day came close to beating it with 7,166 and is now second on the list.

The previous record of 6,939 was set just after midnight in Japan on New Year's Day. Other spikes include bin Laden's death (5,106 per second) and the Super Bowl in February (4,064).

Sunday's record-breaking figures reflect a sharp rise in Twitter usage. Its users now send 200-million tweets per day, compared to 10 million two years ago.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Watch out — these condiments are hot

Austrian police say thieves have made off with an unusual heist — 21 tonnes of mustard and ketchup.

The loot was in a semitrailer parked in a lot over the weekend northwest of Vienna.

Police say the truck driver showed up yesterday to deliver his cargo only to see the trailer missing.

Police assume the thieves were more interested in the trailer than

its contents.

Authorities had no price tag for the stolen condiments but said the trailer was worth about 15,000 euros — more than \$20,000 US.

THE ASSOCIATED PRESS



2
scene

Chris Evans vs. the world

► Captain America star chats with Metro about the pressure of fame and the comforts of home



NED EHRBAR
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Chris Evans know his life is changing, and he's been trying to prepare for it. With the release of *Captain America: The First Avenger*, the Boston native is experiencing a new level of visibility, with his face on posters, billboards and toys around the world. Metro sat down with the charming and affable Evans for a candid chat about being a superhero, getting advice from Iron Man and going home again.

So now that the big week is here, how has it been?

It's been OK, it's been OK. I think in my head I made it a lot worse than it was going to be, preparing for the worst. We'll see if things change when the movie comes out. Hopefully it won't, hopefully things will stay the same. I like my privacy. It's not like I don't leave the house. I just like kind of being able to do normal things. I like being able to go to a farmers market or a gym or a grocery store, you know what I mean?

Is it weird to have the movie opening the same weekend as Comic-Con?

If the fan reaction is good, it'll be great. If the fan reaction's not good it could be a wildfire of disaster. You never know with these things. They're so picky, and you just want to make sure they're happy, because



► Chris Evans stars in *Captain America: The First Avenger*, a film based on a comic series published by Marvel Comics.

without them, we don't make these movies.

And now you're playing Captain America again in the Avengers, which is currently in production. How is it reprising the role so quickly? I mean, it is what it is, and I obviously would've liked more of a break, but no such luck. So you know, you deal with it. It's OK. I mean, I don't know. There are certain things that you

struggle with, and then you have to stop yourself and say, "Wait a minute, but Chris, this really is such an insignificant obstacle, let's not make a meal out of it." So reprising the role is no problem, it's no problem. Loving every second of it.

And now you're part of an ensemble, with Robert Downey Jr. as Iron Man, Chris Hemsworth as Thor, Mark Ruffalo as the Hulk...

I love being part of an ensemble. If I had my way, I'd only do ensemble movies. I love having a group and a team. It's just a more fun experience for me when there's a bunch of us to share it with.

You've mentioned that Robert Downey Jr. has been giving you lots of advice. He's the best, man. He's given me a few pieces of wisdom. I've talked to

him about stress and insecurity and the stuff that I struggle with when it comes to doing interviews and dealing with celebrity, and he said, "Look Chris, the way you cope with this is by talking about it. The healthiest thing you can do is bring it to the surface. Don't try to deal with it on your own." He's got a very healthy sense of wisdom about him. He's been through a lot.

You played a great parody of a conceited movie star in *Scott Pilgrim vs. the World*. What do you do to make sure that you never become like that yourself?

(laughs) That's a good question. I've got a great group of friends and family. I know it's a cliché answer, but it's true. My friends and family are just fantastic. They're all back in Boston, and they all just keep you grounded.

Now that you've bought a home in Boston, how much time do you still have to spend in L.A.?

Well, none if I don't want to. It's up to me how much I want to pursue becoming a giant movie star. Some actors, they finish working and they get right back to the grind of finding their next gig. I don't know if I'll be that driven to find the next job right away. As soon as we finish *Avengers*, I'll probably go back to Boston for a while.

Ja Rule sentenced



Rapper and actor Ja Rule was sentenced yesterday to more than two years in federal prison for failing to file income tax returns, and said a combination of youthful inexperience, bad advice and an inability to manage fame and fortune lead to his financial troubles.

"I in no way attempted to deceive the government or do anything illegal," he said, minutes before being sentenced in a New Jersey federal court.

"I was a young man who made a lot of money — I'm getting a little choked up — I didn't know how to deal with this and didn't have people to guide me, so I made mistakes."

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Charlie Sheen to return in new sitcom based on the film *Anger Management*

DVD Releases

Buy it 🍿🍿🍿🍿 | Rent it 🍿🍿🍿 | Borrow it 🍿🍿 | Yawn 🍿 | Don't bother 🍿

Rango

Genre: Animated

Director: Gore Verbinski

Stars: Johnny Depp, Isla Fisher, Timothy Olyphant



Just reading the ingredients of *Rango*'s strange stew is enough to leave you as goggle-eyed as Johnny Depp's title lizard, a reptilian thespian lost in a Wild West burgh called Dirt.

You could imagine director Gore Verbinski and the resourceful Depp hatching *Rango* around a campfire or



bong. The film is a combo western parody and Chinatown homage, by way of a Hunter S. Thompson drug hallucination and Roald Dahl adventure, with hat tips to *The Wizard of Oz*, *Apocalypse Now*, 2001: A

Space Odyssey and other film milestones.

Rango is not really for children, despite the vivid animation by Industrial Light & Magic, which now seeks to challenge Pixar and DreamWorks. There are some scary things in it, notably a vicious serpent called Rattlesnake Jake, and the tale runs a tad long at 107 minutes.

But braver and more pop-savvy older kids will find it all a hoot — and so will adults. ● PETER HOWELL

Limitless

Genre: Sci-fi

Director: Neil Burger

Stars: Bradley Cooper, Robert De Niro



Limitless is all about pushing limits, and more than just the super genius IQ that Eddie Morra (Bradley Cooper) acquires through an experimental drug.

Directed by Neil Burger (*The Illusionist*), the film makes some dumb moves, but overall it's smart en-

tertainment that even manages to make co-star Robert De Niro sound fully engaged.

Imagine if you could remember everything you've seen, heard and learned in your life, immediately summoning it with boundless energy.

All thanks to the mysterious NZT, delivered via a pill that looks like a clear button. It transforms Eddie from a down-and-out writer into a Wall Street winner. ● PETER HOWELL

Bieber, Gomez: Wedding crashers

► Couple surprises guests at a Malibu wedding over the weekend

Justin Bieber and girlfriend Selena Gomez can reportedly add wedding crashing to their list of favourite activities, as the pair dropped in on a fancy Malibu wedding over the weekend, according to TMZ.

Sources say Bieber and Gomez were strolling on the beach when they heard his song One Less Lonely Girl playing at a nearby reception, so they decided to drop in. Luckily, they were more than welcome.

"We just crashed it. We heard a party so we decided to just come. So let's party," Bieber told guests when the groom introduced him to the crowd.

● METRO



► Justin Bieber and Selena Gomez

GETTY IMAGES

Kate to visit Queen in Scotland

Having successfully wooed Hollywood during her royal visit, Princess Katherine has another high-stakes trip on her schedule: spending time with Queen Elizabeth in Scotland at

not really know her very well at all," a source says.

"Kate has never had an invitation before to stay at Balmoral, but she is family now and the Queen wants to get to know her. The Queen needs to present Kate to Scotland. The time has come."

● METRO



► Princess Katherine

GETTY IMAGES

Glee's Colfer finds out fate on Twitter

Glee star Chris Colfer had to find out that the show's upcoming season would be his last via Twitter.

The series' boss, Ryan Murphy, announced last week that the third season will end with several main characters graduating, only apparently forgot to tell

the actors.

"I didn't necessarily know that it was going to be our last season next year," Colfer tells Access Hollywood. "I knew something like that was coming up eventually. I mean, we can't be there forever." ● METRO

Talking points

No wedding for Brad and Angelina, yet

Reports of an upcoming wedding for Angelina Jolie and Brad Pitt are greatly exaggerated, at least according to their local mayor in the south of France. "There are no plans for them to marry that I know of—and I would know," Michaël Latz, mayor of Correns, tells People magazine. Sources had told Us Weekly that the famous couple would be marrying in Correns' village. "Every year, the rumour resurfaces," Latz says. "More noise from the American press to sell a few more pounds of paper."

● METRO

No rom-coms for Radcliffe post-Potter

With the Harry Potter franchise behind him, Daniel Radcliffe is looking forward to new projects, but don't expect to see him in a romantic comedy anytime soon. "I don't want to make a boring love story about two people who meet and then are happy. That's boring, and that doesn't exist," Radcliffe tells MTV News. "I guess I like the dark stuff. I find it more interesting."

● METRO



Daniel Radcliffe

Celebrity tweets



"220 lbs this morning, started at 236.4 lbs"



@russellcrowe



@SteveMartinToGo

"I will feel so bad if I'm not one of the celebrities on the hacked list of the News of the World."

@SarahKSilverman

"Sometimes when I'm really lonely I talk to myself but I call myself 'you guys'"



@nicolerichie



"Ladies, we need to find some big mouth guy to spread a rumor that sleeping all day is really sexy."

The show will go on for Lopez, Anthony

Despite their recently announced separation, Jennifer Lopez and Marc Anthony are reportedly still doing a reality show together, according to Us Weekly. "Q'Viva, the hotly anticipated 2012 celebration of Latin music, artistry and dance, is set to film this autumn in South America with Jennifer Lopez and Marc Anthony as previously announced," a rep for the show's production company tells Us Weekly. "Both Jennifer and Mark are committed to the Q'Viva project and will work on it as planned. The show goes on."

● METRO

the end of August, according to the Telegraph. "This is quite an important visit for Kate because, believe it or not, the Queen does



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Vegging it out, vegan style

► Veg Out Vegan offers a sophisticated menu ► Other areas need work

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA



I am not vegetarian but appreciate that it offers more than

just salads. For the sake of my red meat-burdened blood pressure, I visit Veg Out, a funky eatery with an incredible patio view.

The busy restaurant offers a sophisticated but limited menu of vegan and

raw dishes. Protein is provided by tempeh — fermented soybean cake that simulates beef — and tofu, along with legumes and nuts. Many choices are gluten-free.

Skipping past the sunflower seed paté sandwich (\$8) and rawzagna (cold lasagna with vegetables instead of noodles), I settle on a soba bowl (\$13.50).

Buckwheat noodles are served cool in a fantastic creamy coconut and peanut sauce. The sautéed vegetables add crunch but do not impart flavour into typically bland tofu. The best part is the delicious sweet potato corn bread.

The diminutive kitchen copes well but service is understaffed and inattentive. While not a personal favourite, Veg Out is a good alternative for refined vegan fare.



► Soba bowl (\$13.50).

PAUL MITCHELL

Thai Chicken Burger



Turn up the heat and combine frozen extra lean chicken burgers with a spicy peanut sauce, green onion, shredded carrot and chopped cilantro for a Thai-inspired meal.

Preparation:

1 In bowl, blend peanut butter with ketchup and chili pepper paste. Spread on hamburger buns. Grill burgers and top with green onions, carrots and cilantro to

taste. **THE CANADIAN PRESS/SOBEYS COMPLIMENTS BALANCE**

Ingredients:

- 45 ml (3 tbsp) peanut butter
- 15 ml (1 tbsp) ketchup
- 10 ml (2 tsp) chili pepper paste
- frozen chicken burgers

Garnish

- Chopped green onions
- Shredded carrots
- Cilantro sprigs

GUARD THIS PRECIOUS TIME

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Hi Charles the Butler!
I'm due to have my first baby in a few weeks. It's the first

baby in our family for the past 25 years, so I understand that everyone is excited. However, all of my out-of-town family is now planning on coming to visit for the birth and for the weeks following. How do I tell my family that I'm more than happy that they all want to be here with me at such a special time, but that I need some privacy for a few weeks to get adjusted to all of this? Wanting alone time with my baby

Dear Wanting alone time with my baby:

The birth of a new baby is an exciting event across all cultures and amongst all generations. Your overzealous family, however, is causing you anxiety. I think this is a job for the father-to-be to make some good-natured telephone calls. He should say how excited you both are at their interest and support, but that until the birth has

happened and everything is happy and healthy and settled we are asking that everyone please show some patience before we start booking visits.

The only person I think you should have in your home, other than your husband and new baby, is both of your respective mothers who may be eager to help. Their assistance will likely allow you to get some much-needed sleep.



► Who isn't excited at the thought of a newborn baby?

Don't let other family members guilt you into letting them come before they are welcome. Stand

firm.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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ASK FOR A RAISE

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Get ready to ask for a raise. Even an extra \$1,000 can help you build your net worth.

According to the Society for Human Resource Management, 33 per cent of people say they're freaked out about salary negotiations, so they don't pursue it. Yet 80 per cent of recruiters and managers are willing to negotiate.

Step 1: Stick to the facts

Research comparable salaries for comparable jobs where you live. Use websites like Monster.ca, Workopolis, or Payscale.com.

If you belong to an association or alumni group, check whether they've got

research on salaries and benefits you can review.

Salary is only one part of a total compensation package — there are other factors to consider such as benefits, stock options and retirement plans.

Tip 2: Set Goals

Once you've got your facts straight, set a realistic goal before you go in for negotiations. Perhaps you want a raise of three to five per cent. Or you may wish to focus on an actual number like \$5,000.

Tip 3: Negotiate

Don't barge into your boss's office asking for a raise after they've had a hectic day. Wait until you both have time to sit down and talk.

It's also nice to give your boss a heads up about the nature of the discussion so that they can prepare. They may need to consult with an HR advisor about salary and benefit policies.

Another optimal time to discuss a raise is during a performance review.

The art of complaining

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

I complain from time to time ... at restaurants, that is ... but I also offer compliments when they're due.

Good restaurants appreciate this because it gives them an opportunity to fix a problem.

I know many people who've had a bad experience at a restaurant but don't say a word.

They walk away grumbling, feeling they've wasted their money.

But the right word in the right ear can make everything so much better.

There's an art to complaining. Always try to be nice about it, and if there was something good about



► A well-handled complaint can help improve service.

the meal, either the food or the service, mention that at the same time.

If you do it right, everyone leaves happy. Best of all, a well-handled complaint can be a teaching moment for your kids.

About 10 years ago I had dinner with my daughter, then around 16 years old, at an upscale family restaurant in California.

The food was excellent and the young waitress worked hard to please us.

But, there was one small problem. My daughter hates onions on her hamburger, as we told the waitress, but when it arrived there they were. It wasn't a big deal; they were easily picked off.

I thought about letting it pass but elected to say something when the waitress asked us how we were enjoying the food.

"The food was great," I told her. "I know this isn't your fault but there were

onions on the hamburger. She ate it anyway, but I thought you should know."

The waitress thanked me and the next thing I knew the manager was telling me we wouldn't have to pay for the hamburger.

I declined the offer because there was no harm done.

Of course, my daughter, being a teen, was mortified.

The waitress must have noticed because she took the time to thank me again for bringing it to her notice.

"It's important that the kitchen staff pay attention to the food orders," she said.

"What if it's an allergy issue and the person gets sick because the staff didn't look at the order?"

My daughter was a lot less mortified when the manager gave us two free pieces of chocolate cake. And the waitress received a good tip.

POPQUIZ

What should you do with your tax return money?

A: Hurray! Time for a shopping road trip to the US!

B: Save some, invest some, pay off debts and then reward yourself!

FIND TIPS & TRICKS

in Lesley Scorgie's Fun and Frugal Column: What to do with your tax refund.

This column and more available at Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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Are you on track for your retirement?

► Pension income statements are often hard to understand and lack personalized recommendations and suggestions

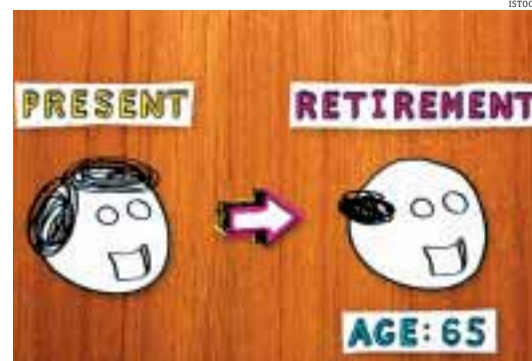
Like millions of Canadians, if you have a pension or retirement savings plan with your employer, you likely receive a group pension financial statement or member statement at least once or twice a year.

But many Canadians can be intimidated by the overly technical financial jargon of these statements and just toss them away.

For this reason, Standard Life recently developed a series of short videos to help people better understand their group retirement statements. Here are some tips on what to look for on the new statement featured in the YouTube videos.

How am I doing?

The first video examines the information you need to determine the value and growth rate of your investments since your last statement: your closing value numbers, the growth in



your plan's value figures and your rate of return figures, all of which can be found on the statement.

Are you on track?

To know the answer to this question, the second video helps explain and review on your statement where to find your retirement projection and goal and the potential difference in these two that is called the gap.

What could you do to reach

your retirement goal?

Learn how to use your statement as a tool. It often points out actions you can take right away and gives suggestions to help if you realize there is a gap between your retirement income projection and your goal, such as updating your investor profile, increasing contributions or revising your personal budget.

NEWS CANADA

Tour de France. Rest day



► Three-time Tour de France winner Alberto Contador, centre, leans on a mailbox as he waits to begin training yesterday.

THE ASSOCIATED PRESS

Contador has steep climb ahead in quest for fourth Tour victory

Alberto Contador knows he is running out of time, and stages, to close the gap on his Tour de France rivals. After 15 of 21 stages, the Spaniard says this year's race is "probably the hardest Tour I've done," with a combination of bad luck and a nagging knee injury making it difficult for him to launch his trademark attacks in the mountains. A fourth Tour title is still within Contador's grasp, but he must first find a way to claw back a four-minute deficit on race leader Thomas Voeckler.

4 sports

Quoted



"I have not been to bed yet. I probably won't get any sleep until tomorrow at some stage. You have to enjoy it while you can ... It's been a very good night."

**RIST OPEN WINNER
DARREN CLARKE.**

THE 42-YEAR-OLD FROM NORTHERN IRELAND BEGAN PARTYS SHORTLY AFTER HE WALKED OFF THE 18TH GREEN AT ROYAL ST. GEORGE'S SUNDAY. BEER AND RED WINE FLOWED THROUGH THE NIGHT, THE REVELRY NOT LETTING UP UNTIL CLARKE RETURNED TO ROYAL ST. GEORGE'S YESTERDAY MORNING.

Can NFL season be saved?

► League to update team execs if labour deal approved Thursday, sources say ► Topics would reportedly include the rookie salary system, guidelines for player transactions

Two people familiar with talks to end the NFL lockout tell The Associated Press that if an agreement is ratified by Thursday, team executives will be briefed starting that day on how the deal's terms affect league business.

The people said the league's 32 clubs were told yesterday that topics would include the rookie salary system and guidelines for player transactions. They spoke to the AP on condition of anonymity because the process is supposed to

remain confidential.

Owners are scheduled to hold a meeting in Atlanta on Thursday, where they could ratify a new labour contract — if one is reached by then. Club executives would be briefed in Atlanta on Thursday and Friday.

Any tentative agreement also must be approved by players, including star quarterbacks Tom Brady, Peyton Manning and Drew Brees and the other plaintiffs in a federal antitrust suit against the league.

Members of the NFL

Players Association's executive committee and representatives of every team are heading to Washington tomorrow, in preparation for a possible vote.

NFLPA spokesman George Atallah said the players would be gathering "with the hope they have something to look at, and with the hope we can move forward on this."

Lawyers for the NFLPA and owners met yesterday in Manhattan to work on ending the lockout. They were joined in the after-

"Nobody cheers for you at mile 25 of a marathon. You still have to cross the finish line."

NFLPA SPOKESMAN GEORGE ATALLAH

noon by the court-appointed mediator, U.S. Magistrate Judge Arthur Boylan.

"The lawyers are hard at work in New York with the language and some of the things we agreed to last week," Atallah said in Washington. "As for face-to-face meetings between the

principals, we will do that as necessary."

One issue still in the way, according to one person from each side of the dispute who also spoke on condition of anonymity, is players want owners to turn over \$320 million US in benefits that weren't paid during the 2010 season. Because there was no salary cap that season, the old collective bargaining agreement said NFL teams were not required to pay those benefits.

THE ASSOCIATED PRESS

Penny says Tigers are close to contending

As the Detroit Tigers celebrated a much-needed victory, Brad Penny's thoughts were on the pennant race ahead.

Although Penny recovered nicely from some early struggles on the mound Sunday, he's well aware of what it will take for the

Tigers to outlast a trio of other contenders in the AL Central. If Detroit can add another starting pitcher before the trade deadline, Penny is all for it.

"You bring another guy in — another No. 1, No. 2 starter — and you get to the playoffs with this team, we

can win," the right-hander said after Sunday's 4-3 win over the Chicago White Sox. "Whatever helps the team win."

Justin Verlander has been outstanding, going 12-5 with a 2.29 ERA. The rest of the starters have been more erratic. Penny, Max

Scherzer and Rick Porcello have ERAs between 4.47 and 4.78, and the other slot in the rotation is even murkier.

The Tigers were off yesterday and trailed first-place Cleveland by a half-game going into last night's action. **THE ASSOCIATED PRESS**



► Brad Penny

LEON HALL/GETTY IMAGES



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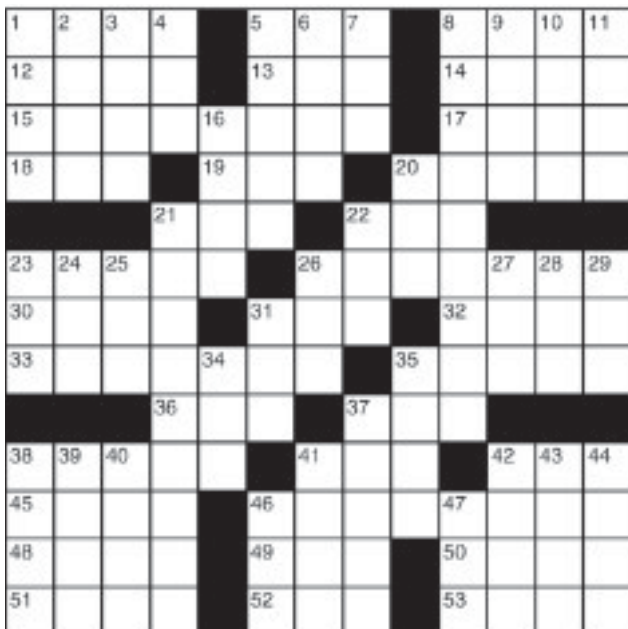
Crossword

Across

- 1 Completely occupy
- 5 Bashful
- 8 Taxicab
- 12 Vicinity
- 13 Started
- 14 Fairy tale baddie
- 15 Hides
- 17 Tide type
- 18 Halves of ems
- 19 Tear
- 20 No liability
- 21 Prisoner
- 22 Insecticide letters
- 23 Choir members
- 26 Interpret wrongly
- 30 Bridle strap
- 31 Peace (Lat.)
- 32 Very unattractive
- 33 The Alamo, e.g.
- 35 Range
- 36 Explosive letters
- 37 Write in the margins
- 38 Hybrid eating utensil
- 41 Triumphed
- 42 Luau bowlful
- 45 Arizona tribe
- 46 Solidifies
- 48 Oil cartel
- 49 In vitro cells
- 50 Billion (Pref.)
- 51 Fender bender
- 52 Affirmative
- 53 Black and white?

Down

- 1 Confront
- 2 Press
- 3 Camera part
- 4 Fond du —, Wis.
- 5 Dispatched
- 6 Aid



- 7 Football meas.
- 8 Build
- 9 A very long time
- 10 Highland hillside
- 11 Labor Day mo.
- 16 Love god
- 20 Billboards
- 21 Squeeze
- 22 New Jersey fort
- 23 Upper limb
- 24 Floral garland
- 25 "— the season ..."
- 26 Fellow
- 27 Id counterpart
- 28 Swiss mountain
- 29 Colouring agent

- 31 Cauldron
- 34 Tattooist's supply
- 35 Melody
- 37 Surname of singing siblings Joe, Nick and Kevin
- 38 Not barefoot
- 39 Vatican VIP
- 40 Remove the lid
- 41 Used a loom
- 42 Twosome
- 43 Gymnast Korbut
- 44 "— a Little Prayer"
- 46 Demure
- 47 Silly Putty container

► Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Christian the Great, You are far more interesting than you are good looking. Embrace the heat.

ELENORE

Steven, hope your having fun at Auntie Aimee and uncle Dans!!! I miss you very much cant wait for you to come home love you pooh bear!!!!!!!!!!!!!!
XXXXXXXXXXXXXXXXXXXX
ooooooooooooo
GRANDMA PATTIE

Hon, how much I missed you and miss you, do you have any clue? There is not a single second I don't think about you. How are you my love?

BROWN LOVER LOOKING 4U

Today's horoscope

♈ Aries March 21-April 20

Don't take risks today, and especially don't take risks with your money.

♉ **Taurus** April 21-May 21 If you step out of line today there will be someone waiting to pounce on your mistake.

♊ **Gemini** May 22-June 21 You don't need to push your luck today, you just need to be yourself.

♋ **Cancer** June 22-July 22 Steer clear of extremes.

♌ **Leo** July 23-Aug. 23 You can, of course, get what it is you desire through sheer force of personality,

but a better way by far is to get it through charm and cooperation.

♍ **Virgo** Aug. 24-Sept. 22 You may have done something wonderful (you often do) but resist the urge to brag about it.

♎ **Libra** Sept. 23-Oct. 23 No matter how lucky you feel you must not take foolish risks, because once you start you won't be able to stop.

♏ **Scorpio** Oct. 24-Nov. 22 You want to be trusting, you want to believe that people won't let you down, but your suspicious nature won't allow it.

♐ **Sagittarius** Nov. 23-Dec. 21

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Everyone has faults, even a Sag, and there is no shame in admitting that fact to yourself.

♑ **Capricorn** Dec. 22-Jan. 20 Listen to what your sixth sense is trying to tell you, even if your logic circuits can make no sense of it.

♒ **Aquarius** Jan. 21-Feb. 18 Decide what your priority is going to be and stick with it come what may.

♓ **Pisces** Feb. 19-March 20. Don't let it annoy you that some people question the things you most deeply believe in.

● SALLY BROMPTON

Caption contest



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